

Spinach Dip

- 1 package (10 ounces) frozen chopped spinach, thawed and squeezed dry
- 2 cups nonfat sour cream
- 1/2 cup nonfat or reduced-fat mayonnaise
- 1 can (8 ounces) water chestnuts, drained and chopped
- 1/2 cup thinly sliced scallions
- 1 package (1-1/2 ounces) dry vegetable soup mix

Combine the ingredients in a large bowl. Transfer the dip to a serving dish, cover, and chill for several hours.

Serve with raw vegetables and whole grain crackers, or use as a filling for finger sandwiches or hollowed-out cherry tomatoes. Yield: 4 cups



NUTRITION FACTS (PER TABLESPOON)

Calories: 13 Cholesterol: 0 mg Fat: 0 g Fiber: 0.2 g Protein: 0.7 g Sodium: 52 mg

Source: *Fat-Free Holiday Recipes*